

EMPOWERING STUDENTS TO BE A PART OF GLOBAL COMMUNITY THROUGH SEE LEARNING

* *Dr. Sheetal .P. Sawant,*

* *K.J.Somaiya College of Education, Vidyavihar, Mumbai.*

Abstract:

This paper focuses on SEE learning and how it helps in the empowerment of student through various activities with respect to the SEE learning approach. Social, Emotional, and Ethical (SEE) Learning is an innovative new-age literacy model involving teaching-learning methods that encourage the development of the heart (compassion and love) and mind (cognitive development) together. SEE Learning represents the state of the art in education by enhancing SEL programming with key additional components, including:

- o attention training*
- o compassion and ethical discernment*
- o systems thinking*
- o resilience and trauma-informed practice*

This program provides educators with a developmentally staged curriculum consisting of easy-to-implement lessons, the conceptual framework used to design the curriculum, and resources for educator preparation and development. SEE Learning empowers students to engage ethically as part of a global community and provides educators with the tools to support student well-being.

As learning is such a holistic phenomenon, we educators must be aware of the emotional and social parts of it, and encourage students to collaborate and make most of their learning experience. In other words: instead of just teaching/ providing information, we must empower our students to learn. Teaching with empowerment changes the power dynamics in a classroom, and communications between faculty and students. We teachers and faculty want to assume the role of a guide, not the leader. And we do this to support learner agency which is "perhaps the most higher-order, emergent, abstractly defined, and most cherished of human functions. This is why empowerment is so important! Learner agency is all about the choices and degree of freedom students have about their learning! Teaching the content with the SEE learning approach becomes an integral part of education. So, this paper throws light on the activities to be conducted at various level of education with respect to the SEE learning approach.

Key words: *SEE Learning, Empowerment, Activities*

Copyright © 2022 The Author(s): This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial Use Provided the Original Author and Source Are Credited.

Introduction:

Social, Emotional, and Ethical (SEE) Learning is an innovative new-age literacy model involving teaching-learning methods that **encourage the development of the heart (compassion and love) and mind (cognitive**

development) together. SEE Learning represents the state of the art in education by enhancing **SEL programming with key additional components**, including:

- attention training
- compassion and ethical discernment
- systems thinking
- resilience and trauma-informed practice

This program provides educators with a developmentally staged curriculum consisting of easy-to-implement lessons, the conceptual framework used to design the curriculum, and resources for educator preparation and development.

As learning is such a holistic phenomenon, we educators must be aware of the emotional and social parts of it, and *encourage students to collaborate and make most of their learning experience*. In other words: instead of just teaching/ providing information, we must empower our students to learn. Teaching with empowerment changes the power dynamics in a classroom, and communications between faculty and students. We teachers and faculty want to assume the role of a guide, not the leader. And we do this to support learner agency which is "perhaps the most higher-order, emergent, abstractly defined, and most cherished of human functions. This is why empowerment is so important! Learner agency is all about the choices and degree of freedom students have about their learning!

Social, Emotional and Ethical learning equips students with skills they will use well after they leave school, and is essential part of the way students learn in a rapidly changing society. Social, Emotional and Ethical learning impacts academic outcomes **for students of all backgrounds!**

Think of how many students could you reach with the right social, emotional and ethical learning program or activities! Let's learn about social-emotional learning activities and their benefits in detail.

Social Emotional Ethical learning helps students build social skills and relationships with their peers, teachers, and others. SEEL teaches students and adults how to manage their emotions in unfavourable situations. Through SEEL, students learn to show empathy toward others and preserve their social relationships. Since students develop most of their relationships in schools; thus, teachers need to include SEEL activities in their classrooms. Social-emotional learning activities can stimulate students' emotional senses and improve their academic skills. SEL activities revolve around five core elements:

- 1. Self-awareness** : SEL activities help students recognize their emotions and thoughts. They allow students to understand how their behavior will impact others and what they can do to control their emotions.
- 2. Self-management** : This segment focuses on controlling thoughts, emotions, and behaviors. Students learn to set up rules and manage stress.
- 3. Social awareness** : It is all about understanding the perspectives of other people. Learn to show empathy, support family, and connect with the community.
- 4. Relationship skills**: It is essential to teach children how to build and manage relationships at a young age. SEL covers several relationship-building skills such as communication, cooperation, helping others, and more.

5. Responsible decision-making: SEL broadens students' understanding and emotional spectrum so they can make responsible decisions in their lives.

Social Emotional Ethical Learning (SEEL) activities for all ages :

No matter what grade your students are in, these activities can be adapted to help teach core social and emotional skills.

1. Art activities: Art is a great way for students of all ages to relieve stress and express their emotions in a positive, healthy way. Start by picking a piece of music (or even a poem or story) for students to react to. Ask them to use art supplies to react, providing prompts like:

- How did it make you feel?
- Is this music happy or sad?

2. Practical tasks: Your classroom is a busy place, and there's a lot happening. Keep it organized with a chart that encourages students to take responsibility and complete simple, age-appropriate classroom tasks like Watering plants ,Sharpening pencils, Erasing the chalkboard ,Keeping track of timed activities, Delivering attendance ,Keeping the classroom library organized, Turning the lights on and off in the classroom. If you're teaching remotely, put students in charge of:

- Tracking attendance
- Giving a short weather report

3. Mindfulness activities: You can ask them Alright, let's pause, Breathe in, and out, Lower your shoulders and sit up straight. Mindfulness breaks can help students of all ages learn how to identify and regulate their emotions when they're sad, scared or stressed. Take a minute in your classroom and try some of the activities below.

Teach students to STOP when they encounter an emotional situation. Role play some stressful situations and teach students to:

- Stop
- Take a breath to calm down
- Observe the situation
- Proceed with a solution

Ask students to identify where they're holding stress in their bodies. This can be tense shoulders, a frown or even a bouncing leg. Guide them through releasing stress for a more balanced body. **Pay attention to the senses.**

Ask students to identify:

Five things they can **see**

- Four things they can **touch**
- Three things they can **hear**
- Two things they can **smell**
- One thing they can **taste**

4. Goal-setting activities: A big part of social emotional learning is cultivating a growth mindset — and what better way to do that than setting goals?

Make goal setting a regular part of your classroom routine, whether you:

- **Host student-led conferences** — Set academic and behavioral goals
 - **Start a new unit** — Use a KWL (Know, Want to Know, Learned) chart to help students identify which skills they want to develop
 - **Give feedback on a project** — Did the students do well? What should they focus on next time?
 - **Encourage students to create an atmosphere where it's safe to take risks, make mistakes, develop perseverance and enjoy learning new things.**”
- 5. Reading books :** Boost reading comprehension *and* social emotional learning with books designed to teach key social emotional learning skills. Try to read the books which will help to talk about one’s own feelings. This helps open the door to questions and conversations that allow me some insight into how my students are feeling, and how I can plan for more lessons and activities to help support their growth and development.” Use social emotional learning books as an opportunity to introduce your students to diverse authors, characters and emotions. For younger students, use read-alouds to model emotions and encourage students to respond with their own feelings. Older students can respond in class discussions.
- 6. Icebreaker activities:** Icebreakers are a fun and easy way for students of all ages to share a little bit about themselves in a low-pressure environment. They also give students a chance to reflect on their own emotions and desires for the year, and help them build relationships with each other.
- 7. Encouraging positive self-talk:** As a teacher, you have an important opportunity to build students up and influence how they think about themselves. Gently correct students when you hear negative self-talk throughout the day, and use it as an opportunity to suggest kind thoughts. Use it as an opportunity to demonstrate positive self-talk and try again. If you're looking for inspiration, check out try to give affirmations to the kids It covers affirmations designed to:
- Boost motivation
 - Grow self-esteem
 - Recognize self-love
- 8. Debating:** Debate is a great way to teach students how to formulate arguments, actively listen and respectfully disagree with their peers. Plus, it's easy to incorporate into your lesson!
Pick a debate topic around a novel your class just finished, a current event or anything else your students are passionate about. Divide into teams, then have students create a structured argument and respond to their classmates. It's also a great way for students to practice public speaking skills!
- 9. Learning about student interests:** Build connections between students with a fun game of bingo! Hand out cards to students and ask them to find classmates that match the description on each square. Use our bingo card to customize your set with descriptions like:
- Plays soccer
 - Likes spinach
 - Has two or more siblings

- Likes cats better than dogs
- Speaks more than one language
- Likes pancakes more than waffles
- Favourite ice cream flavour is chocolate

10. Writing a story together: Hand out cue cards with story prompts or pictures. Start the story with “Once upon a time,” then move to the next student. Students must use the prompt on the card and their social awareness skills to work together and build a compelling story.

Record the stories students come up with! Afterwards, ask them questions like

- How did the story make you feel?
- What was the happiest part of the story?
- What was the saddest part of the story?

11. Playing games: There are plenty of reasons game based learning is great for students, but one of the most compelling is that it teaches students how to work together, solve problems and find solutions — *while* they learn. Teacher can play board games with students. They learn taking turns as well as patience and how to work through our emotions when we lose or make a mistake.

12. Journal writing: Journaling is a great way for school students and higher secondary students to process information, make sense of their emotions and reflect on the lesson.

Give students regular time each week for journaling. Provide prompts like:

- What are you grateful for today?
- What does self-care mean to you?
- What’s your favorite hobby? Why?
- What person in your life makes you feel confident?

To encourage student reflection and ask the students to do the entries and ask them to show you from the journal.

13. Quote of the day: Ask your students to respond to a significant quote on a given topic or issue and challenge them to think about the speaker’s emotions, encouraging empathy and critical thinking. Pick a quote and put it up on the board. Either in small groups, individual journaling responses or a whole-class discussion, ask students:

- What emotion is the speaker experiencing?
- What emotion does this quote make you feel?
- What background information and worldview is the speaker referencing?

14. Student-led celebrations: Let your students blow off some steam and work together to plan a classroom party!

Turn a celebration into a chance to teach responsibility, budgeting, time management, teamwork and more.

Provide students with a rubric to outline expectations, a clear time constraint, and a budget Challenge them to:

- Pick a theme
- Send invites
- Pick a date and time that works
- Decorate the classroom

- Plan and run activities the whole class will enjoy

15. Class meetings:

- Make space for community and responsibility in your classroom and hold class meetings on a weekly or monthly basis.
- Challenge students to bring ideas that make the class better, include all students in activities and solve problems.
- You can use this as a space to gather student feedback, solve disagreements, plan class events or even just share!
- It might take a bit for students to open up, but the results will be worth it. Consider using a Google Form or suggestion box in your classroom, then address the feedback as a group and develop solutions together.

16. Interest presentations: Every student is passionate about something — cartoons, soccer, knitting, bass guitar. Harness those passions for a more involved learning experience! Ask students to find a real-world application they're passionate about for what you're learning in class.

Some ideas include:

- Baseball and statistics
- Fashion and climate change

Students will have the opportunity to connect with their classmates on a more personal level and find a way of relating to the class material.

17. Teamwork activities:

Learning how to effectively work with others is the most important skill high school students can master as they head out into the real world.

Fortunately, there are many different teaching strategies that emphasize collaboration and cooperation:

- Use cooperative learning to teach students the fundamentals of group work
- Launch project-based learning in your classroom to harness student enthusiasm and encourage a spirit of discovery and cooperation

Assign service learning projects to show students the benefits of giving back to their community, while also connecting it to in-class lessons.

18. Lessons on ethics: Teachers can challenge students to grapple with ethical issues throughout a particular course. Or they may devote particular lessons to these matters. Ask students raise and question ethical aspects on certain topics under discussion through cases, news clips, and films depicting various situations, students identified core issues, potential ramifications, resources, and options for next steps. Learners led discussions on current events related to organizational matters, identifying ethical components.

19. Workshops that prepare students for specific roles: Training sessions that prepare students to assume particular responsibilities, offer opportunities to highlight ethical matters that may arise, as well as expectations for handling these concerns.

Conclusions:

Empowering students to learn means striving to provide ample opportunities for students to have **autonomy** (choose readings, assignments, assessments, partners, projects, etc.) so that they can grow their **competencies** and **relate** with the teacher and each other. Empowering students to learn autonomously can be scary in the beginning. I am not suggesting that you should let go of all the classroom rules and allowing students to do whatever they please. That would not be education. But starting to **add choices for students** to support their self-direction, and embedding SEEL activities into every lesson is a great start. Thus, SEEL is an integral part of human development and needs to be embedded into curriculum and instruction instead of being taught as another school subject.

References:

- Cohen, P., McDaniels, M., & Qualters, D. M. (2005). Air Model: A Teaching Tool for Cultivating Reflective Ethical Inquiry. *College Teaching*, 53(3), 120-127.
- Diamond, M.R. (2002). Preparing TAs to Respond to Ethical Dilemmas. In W. Davis, J. Smith, R. Smith (Eds.). *Ready to Teach: Graduate Teaching Assistants Prepare for Today and Tomorrow*. Stillwater, OK: New Forums Press Inc. 47-50.

Websites:

- <https://www.facultyfocus.com/articles/course-design-ideas/student-ethical-development/>
- <https://compassion.emory.edu/see-learning/>
- <https://seelearning.emory.edu/>
- <https://www.prodigygame.com/main-en/blog/social-emotional-learning-activities/>
- <https://www.splashlearn.com/blog/social-emotional-learning-activities-how-to-implement-them-in-classroom/>

Cite This Article:

* **Dr. Sheetal .P. Sawant**, (2023). *Empowering students to be a part of global community through SEE learning*, *Educreator Research Journal*, Volume-X, Issue-IV, July – August, 2023, 84-90.